

Weekly Digest

December 13-19, 2021

Information & opportunities for Boston's older adults

WEEKLY DIGEST
Table of Contents

Events
December 13-19

Covid Booster
Shots

Spice Bank Collective

Food Resource Guide

GET A NEW HEATING SYSTEM WITH **SENIORS SAVE**

The program is now providing **up to \$8,000** to income-eligible Bostonians over 60 years old to replace faulty heating systems.

Visit boston.gov/how-join-seniors-save-program for the application and more information.

CITY of **BOSTON**

Stay Connected to Age Strong:

City Hall, Room 271
1 City Hall Square
Boston, MA 02201
617-635-4366

agestrong@boston.gov
boston.gov/agestrong



@AgeStrongBos

Am I eligible for a COVID-19 booster shot?

Who?

Individuals **18+** who are fully vaccinated

When?

- At least 6 months after Pfizer or Moderna
- At least 2 months after J&J

Which booster shot do I get?

- You may have a preference, but you can get any type of vaccine for your booster shot



AGE+

City of Boston
Age Strong
Commission



MONDAY, DECEMBER 13

9:30am

Age Strong Commission Virtual Chair Yoga

Click [here](#) to attend via Zoom.

11am

Age Strong Commission Virtual Zumba

Click [here](#) to attend via Zoom.

6pm

Black History Connections in Kwanzaa

Boston Public Library, Codman Square

690 Washington Street, Dorchester

Click [here](#) to register & for more information.

TUESDAY, DECEMBER 14

10:30am (through Feb 22)

A Quilting Circle

Boston Public Library, Codman Square

Branch

690 Washington Street, Dorchester

Click [here](#) to register & for more information.

10:30am

BPL Virtual: Career Skills: Interviewing - Tips & Tricks

Click [here](#) to register & for more information.

11:30am

Age Strong Commission Virtual Latin Dance

Click [here](#) to attend via Zoom.

12noon

BPL Virtual: Introduction to Medicare: Learn the Basics

Click [here](#) to register & for more information.

12noon-5pm

Jamaica Plain Farmers Market (through Dec 18)

677 Centre St, Jamaica Plain

Click [here](#) for more information.

2pm

BPL Virtual: When Good Things Maybe Aren't Anymore: Medication, Polypharmacy, and Aging with Christine Ritchie, MD, MSPH and Esteban Franco-Garcia, MD

Click [here](#) to register & for more information.

6:30pm**Veterans Appreciation Night at Boston Ballet Opera House**

539 Washington Street, Downtown
Click [here](#) for more information.

WEDNESDAY, DECEMBER 1510:30am**BPL: Book Discussion Group: The Power by Naomi Alderman**

Boston Public Library, West Roxbury Branch

1961 Centre Street, West Roxbury
Click [here](#) to register & for more information.

11:30am**Age Strong Commission Virtual Yoga**

Click [here](#) to attend via Zoom.

12noon-3pm**Free Immigration Consultations****Mayor's Office of Immigrant Advancement**

Click [here](#) for more information.

1-3pm**Recipe Box Gathering**

Boston Public Library, Roxbury Branch
149 Dudley Street, Roxbury

Click [here](#) to register & for more information.

3pm

BPL Virtual: Shelf Service Live
Personalized Reading Recommendations
from BPL Librarians

Click [here](#) to register & for more information.

6:30pm

Food & Book Club: Notes On Grief by
Chimamanda Ngozi Adichie

Boston Public Library, Egleston Square
2044 Columbus Avenue, Roxbury

Click [here](#) to register & for more information.

7pm

BPL Virtual: Parenting with an Accent: How
Immigrants Honor Their Heritage,
Navigate Setbacks, and Chart New Paths
for Their Children by Masha Rumer

Click [here](#) to register & for more information.



THURSDAY, DECEMBER 16

12noon-7pm

Friends of Uphams Corner Holiday Meet and Greet

Boston Public Library, Uphams Corner
500 Columbia Road, Dorchester
Click [here](#) for more information.

2pm

New England Conservatory: Holiday Ensemble with the Four Paper Clips

Boston Public Library, Central Branch
700 Boylston Street, Copley Square
Click [here](#) for more information.

2:30-5:30pm

Dudley Town Commons Farmers Market (through Jan 27)

11 Brook Ave, Roxbury
Click [here](#) for more information.

6:30pm

BPL: "¡Con Salsa!"

The History of Afro-Latin Music in the United States, Past, Present & Future

Boston Public Library, East Boston Branch
365 Bremen Street, East Boston
Click [here](#) to register & for more information.

8pm

Digital Concert: Jason Palmer Quintet Celebrity Series of Boston

Click [here](#) to register & for more information.

FRIDAY, DECEMBER 17

11:30am

Age Strong Commission Virtual Meditation

Click [here](#) to join via Zoom.

4pm

BPL: Virtual: Friday Unwind: Gentle Yoga with Hands to Heart Center

Click [here](#) to register & for more information.

SATURDAY, DECEMBER 18

12noon-5pm

Jamaica Plain Farmers Market (through Dec 18)

677 Centre St, Jamaica Plain
Click [here](#) for more information.

1pm

Caroling at the Carousel with North End Music & Performing Arts Center Rose Kennedy Greenway

Click [here](#) for more information.

NEW!

SPICE BANK COLLECTIVE

Donate unopened
spices and dried herbs
at your BPL branch!



BOSTON
PUBLIC
LIBRARY



Feeding Boston's hungry

DECEMBER FOOD RESOURCE GUIDE

Holiday food resources, all in one place.

Available in 6 languages.

VISIT: www.vitalcxns.org/food